

Max's Healthy Snack Challenge

Learning objective: To understand the importance of healthy eating and making balanced food choices.

Read the story below carefully. Use the word bank to help you understand the text. Answer the questions in the spaces provided.

Max the monkey loves to climb trees. One morning, Max felt very tired. He had eaten too many sugary cookies for breakfast. His friend, Bea the bee, buzzed over. She told Max that his body needed better fuel. Bea explained that healthy food gives us energy to play and learn. She showed him a plate with a balanced meal. It had crunchy apples, green peas, and some brown bread. Max learned that eating fruit and vegetables helps his brain work better. He also learned that he can still enjoy a small sweet treat sometimes, but it should not be his only meal. Max ate a juicy pear and felt much better. He had the energy to jump and swing through the branches again. Eating well makes Max feel happy and strong. Now, Max always chooses a healthy snack before he goes out to play with his friends. He knows that his body needs nutrients to grow big and tall. Max is glad he listened to Bea's advice.

Word bank: Energy: power to move and play · Balanced: eating a mix of different foods · Nutrients: good things in food that help us grow · Treat: a snack enjoyed sometimes

1. 1. Why did Max feel tired at the start of the story? (Find and retrieve) (2 marks)

2. 2. What three healthy foods did Bea show Max on her plate? (Find and retrieve) (2 marks)

3. 3. How do you think Max felt after he ate the healthy pear? (Read between the lines) (2 marks)

4. 4. Why does Bea suggest that a sweet treat should only be eaten sometimes? (Read between the lines) (2 marks)

5. 5. Do you think it is important to eat fruit and vegetables? Why? (Opinion) (2 marks)

Draw: Draw a picture of a healthy lunchbox that Max might take to school, including at least one fruit, one vegetable, and one source of energy like bread.



Extension challenge: Make a list of three healthy snacks you enjoy eating. Explain why they make you feel good.